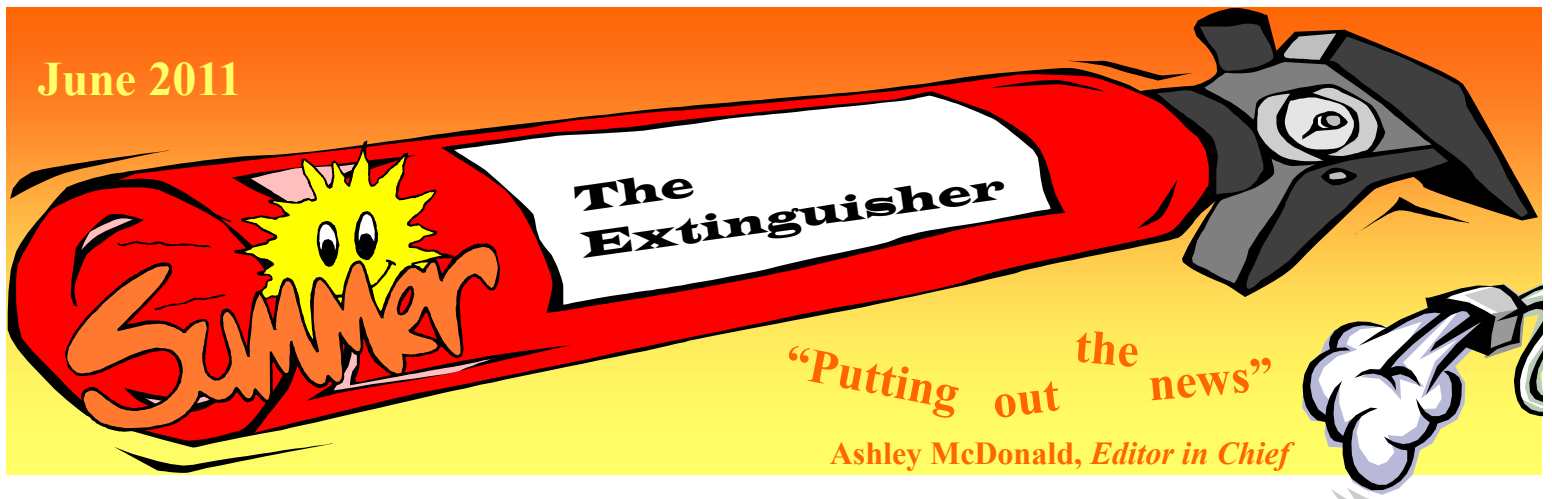


June 2011



Birthdays

Tim Rowlett 6/02

Allen Swader 6/02

Clay Malone 6/07

Jonathan Gaither 6/11

Dustin Liddell 6/13

James O'Brien 6/13

Jerry McGregor 6/16

Jim White 6/16

John Avaritt 6/19

Randy Shaw 6/19

Jeff Irvin 6/20

Raleigh Marlin 6/23

Joe Pennington 6/24

Mark Brewer 6/27

Troy Gannon 6/28

Mike Meeks 6/28

PITT GRADUATES FROM 30 HOUR SMOKE DIVERS COURSE AT TFACA



Murfreesboro Firefighter Julia Pitt recently graduated from the 30-hour Smoke Divers Course at the Tennessee Fire and Codes Academy in Deason, Tennessee.

Smoke Divers is designed to develop maximum firefighter capabilities while working in protective breathing apparatus. The full potential of the firefighter and associated equipment is achieved in physically and mentally stressful situations. The course is mastered through performance-based objectives that each firefighter must complete. The course is designed for experienced firefighting personnel and requires a high degree of physical fitness and the ability to cope with physically and mentally demanding situations.

FIREFIGHTER OF THE MONTH JUNE 2011




Captain Robert Alsup has been awarded Murfreesboro Fire Department Firefighter of the Month for June 2011. Alsup completed an Incident Response to Terrorist Bombings Course in Socorro, New Mexico. He is now teaching the class within the department. Alsup has been with the department since September 1984. Congratulations Captain Alsup!

MFD ASSISTS SCHOOL WITH EGG DROP

In April, Ladder 8 assisted Reeves Rogers Discovery School with the school's annual egg drop project. Shift Commander Tim Swann was there to make pictures.



STORK REPORT



AVA GRACE MATTHEWS

DAUGHTER OF
GUY AND MARY

BORN: MAY 20, 2011

AT 6 LBS / 1 OZ
19 1/4" LONG



Protecting Yourself from Heat Stress

Heat stress, from exertion or hot environments, places workers at risk for illnesses such as heat stroke, heat exhaustion, or heat cramps.

Heat Stroke

A condition that occurs when the body becomes unable to control its temperature, and can cause death or permanent disability.

Symptoms

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

First Aid

- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.

Heat Exhaustion

The body's response to an excessive loss of water and salt, usually through sweating.

Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.

Heat Cramps

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

Symptoms

- Muscle cramps, pain, or spasms in the abdomen, arms or legs

First Aid

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
 - Avoid salt tablets.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
 - Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity.
 - Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.



June Anniversaries

26 YEARS

Sam Benford
Keith Bratcher

21 YEARS

Jeff Bratcher
Keith Elrod
Troy Gannon
Guy Matthews
Steve Melton
Ronnie Nobles
Ted Pertiller
Allen Swader
Tim Swann
Eugene Todd

17 YEARS

Bobby Canterbury
Gary Hutchinson
Nora Smith

12 YEARS

Israel Marcella
Greg Robinson

10 YEARS

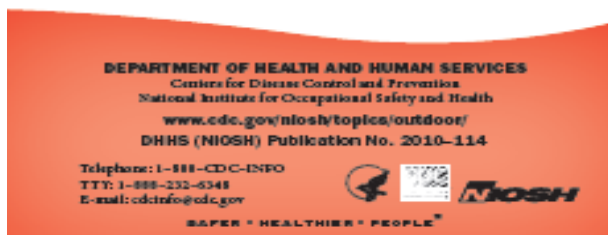
Brian Lowe
Mike Meeks

8 YEARS

David Bricker
Davey Ferrell
Kenny McFarland
Ray Robinson
Jim White
Mitchell Whittenburg
Kyle Winnett

7 YEARS

Mark Brewer
Karl Daigle
Joel Patnode



HAZMAT TRAINING PICTURES

